2 CAROLYN SET

QUADRICEPS 4
*20@209LB.QUADRICEP 4*20@109 LB.
POWERFAILURE AMRAP SUPERSET
SIDELIFTS 16*200,11*206,7*216,4*226LB.
TWIN SIDEWARDS DEADLIFT 3*300LB.,3*315LB.,3

*353LB.TWIN SETQUAD 4*20@199LB.
QUADS 4*20@189LB.
PINKBELT GRACIE-ALJESUS JIUJITSU✓
TRIATHLON TRAINING TRIATHON√
DYNAMICS✓
MOBILITY√
INTERJ'C'T RUNNING IN BETWEEN ALL EXERCISES,ALL REPS,&ALL SET
875 NECKUPS✓✓✓
125 ROCKING PLANKS✓✓✓
https://archive.org/download/monday-11h-18m-pm

This looks like a very dense hybrid session log combining heavy quad work, lateral chain, hinge work, conditioning, and a huge core volume block, with Gracie-style BJJ and triathlon components all acknowledged as completed.[1][2]

Session structure

- Two “Carolyn” quad supersets at very high volume and high loads (4×20 at 209 lb, then 4×20 at 109 lb, with AMRAP on power-failure) show a focus on deep local endurance and pain tolerance in the quads rather than just max strength.
- Lateral work (side lifts 16×200, 11×206, 7×216, 4×226 lb) plus “twin sidewards deadlift” patterns are essentially heavy frontal-plane plus hinge loading with bilateral implements, similar to double-dumbbell or kettlebell deadlifts done with a slightly lateral bias.[3][4]

Conditioning and movement

- “Interject running in between all exercises, all reps, & all set” turns the entire lifting block into continuous mixed-modality conditioning, similar to a strength–endurance triathlon: quad/lateral chain → run → hinge → run, etc.
- Triathlon, dynamics, and mobility all checked off indicate this was not just lifting, but an integrated day where durability (joint mobility and movement prep) and aerobic base are being hit alongside strength.

Grappling and martial arts

- “Pinkbelt Gracie-AlJesus JiuJitsu” checked off suggests completion of a Women-Empowered-style Gracie Jiu-Jitsu lesson or equivalent pink-belt curriculum, which in Gracie systems represents specific self-defense and situational skills beyond standard sport BJJ basics.[2][5]
- Mixing that with heavy strength and running in one day is a serious workload; this type of stacking is closer to fight-camp style training than typical bodybuilding periodization.

Core and neck volume

- 875 neck-ups and 125 rocking planks marked complete is an enormous neck and trunk volume dose, more akin to specialized combat-sports neck conditioning blocks than general fitness.
- Given the loading on hinge and quad work plus all the interspersed running, that trunk work is acting as both structural insurance and a conditioning finisher.

If you want, the log can be turned into a structured template (sets, target RPE, and weekly progression) so you can cycle “Carolyn sets + twin deadlift + run + BJJ + core/neck” as a repeatable day rather than a one-off test.

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1. https://www.tapcultureph.com/products/tc-essential-jiu-jitsu-pink-belt
2. https://graciejonesboro.com/programs/women-empowered/

3. https://www.youtube.com/watch?v=BDb97sC2QQA

4. https://www.youtube.com/watch?v=FYxjxvbM6gU

5. https://www.gracietulsa.com/women-empowered

6. https://www.dco.uscg.mil/Portals/9/DCO Documents/5p/CG-5PC/INV/MBOIs/TITAN_7724663_MBIR_Redacted.pdf

7. https://www.joeobrien.ie/2025/08/11/lanesboro-ballyleague-notes-monday-11th-august-2025/

8. https://www.njcourts.gov/system/files/cases/briefs/a1411-22briefs.pdf

9. http://www.archive.org/stream/s3proceedings03sociuoft/s3proceedings03sociuoft_djvu.txt

10. https://www.youtube.com/watch?v=MTs1RO2iSIo